

# BIRTHDAYS

Daniel Hagar, Mar 1; Anthony Dean, Mar 2; James Todd, Mar 5; Wendy Grinstead, Mar 11; Amber Backes, Ashley Wells, and Sara Domenico, Mar 13; Yolanda Liberto, Mar 15; Stacey Hoyle, Mar 16; Morgan Brunmeier, Mar 18; Brenda Terry and Brian Miller, Mar 23; Lawrence Zayas, Mar 26; Maxine Perez, Mar 27; Susi Prince, Mar 28; Ellyn Shafer, Mar 29; Erik Carlson, Mar 30.



Welcome back to your monthly *Tree of Life*! Please fertilize it with photos, tales, and tips of all things UHI. Share your stories of adventures and discoveries and all manner of heartwarming and hilarious moments with the people we support, including their achievements and travels. When emailing photos, please try to send them at the maximum possible file size, so they show up all bright and crisp.

Send your goodness to [matt@umpquahomes.org](mailto:matt@umpquahomes.org)

Matt Thompson, editor.

# WORK ANNIVERSARIES

Kay Keomanivong and DeAnndra Osburn, 6 months; Joseph Hernandez and Kirsten Browning, 2 yrs; Noah Martinez and Skyler Bennett, 6 yrs; Holly Jackson, 8 yrs; Sherle Gordy and Samantha Kawamura, 9 yrs; Kami Chappell, 10 yrs; Sara Domenico, 24 yrs.



# AGENCY NEWS

Kali, Amber, Leanette, and Marjory have moved into the old Jay West site. They have merged teams, with the site now called Laurel. Erik has moved from Sequoia to Madrone.

We have hired two Agency Relief staff, Cat and Chad. We look forward to them filling shifts, helping to train new staff, and being of overall assistance to the agency.

We are changing our management structure. Five-bed houses (Madrone, Hemlock, Laurel, Ironwood, and Dogwood) will each have a Manager and Assistant manager. All other Managers will manage two houses apiece, with one Assistant Manager in each home.



# WHAT'S ON: MARCH

- Sat 11: Taste of Italy 2023, 5pm Douglas County Fairgrounds RV Park
- Until 17: REFLECTIONS - 5 Brand New Exhibitions at Umpqua Valley Arts, 10am-6pm
- Sat 18–Sun 19: Umpqua Flatheads Annual Car Show, Douglas County Fairgrounds
- Sat 25: 10am-8pm and Sun 26th 11am-5pm, Spring Craft Fair, Douglas Hall, Roseburg

# Tree of Life

March '23



# FROM OUR CEO



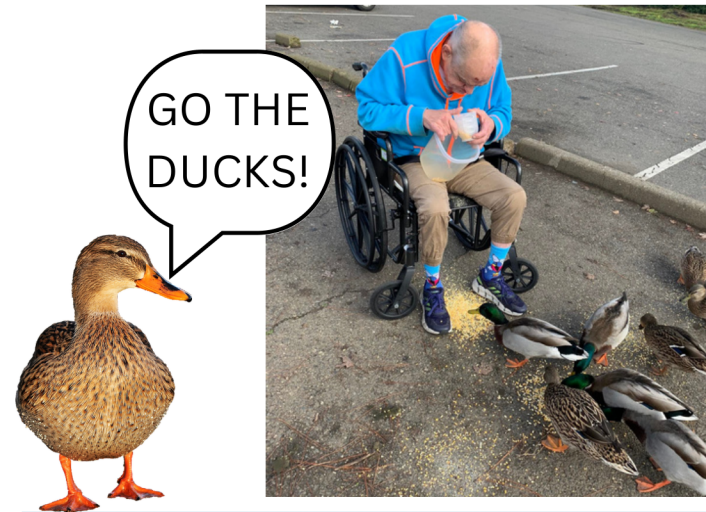
Hello UHI team, and happy 2023!! I want to extend a big thank you to everyone for the past year. I am proud of each one of you for never giving up, supporting one another, and supporting those whom we serve. I wish you all an amazing March, and a wonderful 2023!

Natasha Atkinson, CEO of UHI

Don't forget to wear green!  
Mark your calendars for a St Patrick's Day party at the office!



March 18th  
Time: TBA



# CHRIS GAXIOLA

July 11, 1975 to December 27, 2022

Chris Gaxiola had a heart of gold. He supported a person with dementia who really enjoys Burger King. One day, there was only one tomato on his burger instead of two. This led to inconsolable tears and a refusal to eat. Chris approached him and said, "Did that girl miss your tomato? Let me call her!" He picks up the phone and pretends to have a conversation where he chews out the "the girl" for missing the tomato. By the end, the individual was laughing, joking with staff, and eating his lunch. Prior to Chris's five years with UHI, he worked for Mentor in Portland. While there he received the Works of Heart award for excellence as a DSP. Chris showed UHI that this was a MUCH deserved award. Chris leaves behind his wife, Stacie, and two sons, Jason, 27, and Jameson, 5. Losing Chris was an incredible loss very much by his co-workers, friends, and people he supported.

Crystal Murray, Aspen Program Manager



# HOW TO DRIVE DEFENSIVELY

*At UHI, we believe that using defensive driving techniques provide the safest journey for our staff and residents. Just by the fact that you are driving a larger vehicle means that your van will create a more significant amount of force at impact. Even if you weren't at fault for the crash, it won't change the fact that someone could be seriously hurt in a collision.*

- Keep a safe following distance: Maintain a minimum of three seconds behind the vehicle in front of you, or more in bad weather or when following a vehicle large enough to have a blind spot behind. This gives you time to react if the vehicle ahead suddenly stops.
- Stay alert and focused: Avoid distractions such as texting, eating, or using your phone while driving.
- Anticipate the actions of other drivers: Watch the behavior of other drivers and anticipate their actions, such as sudden stops, turns, or lane changes.
- Avoid aggressive driving: Avoid tailgating, cutting off other drivers, or making sudden lane changes.
- Be prepared to stop: Always be prepared to stop, especially when approaching intersections, merging onto highways, or changing lanes.
- Use your signals: Always use your turn signals when changing lanes, turning, or merging onto highways.
- Check your blind spots: Regularly check your side and rear-view mirrors, as well as your blind spots, before changing lanes or merging.
- Obey traffic laws: Follow speed limits, obey traffic signals, and always wear your seat belt.
- Stay aware of road conditions: Stay alert for changes in road conditions such as construction, inclement weather, or roadwork.

By following these tips, you can reduce the risk of accidents and stay safe on the road.